

O'Mottel's Kitchen

Posted by obormottel - 02 Nov 2011 23:29

It seems that a lot of us here suffer from malnutrition, which tends to bring about depression and other *machlas* of the mind. I mean, how are you gonna feel good about yourself, when you're 30 pounds overweight, and you don't even have an excuse of a recent pregnancy?

So pile in, and if you're sick of cholint and kishke, I'll set you up with a nutritious meal that is inexpensive and good for you at the same.

Oh, and we do give out complimentary drink tickets to Bardy's Pub with each meal. You may have to check with Bards, though, if he'll honor them for anything other than a shot of Crapowitz.

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 06 Nov 2011 17:40

at least i am not addicted to it

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 06 Nov 2011 18:50

i'll stick with chocolate syrup....and no nuts please, they mess up my allergies.

BTW which seven colors of jellybeans go in the soup?

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Re: O'Mottel's Kitchen

Posted by Yossi.L. - 06 Nov 2011 19:49

For bread; theres a whole wheat bread from Arnold's that is only 45 calories! It is less then the

weight watchers bread and much more yummmmmmmmy.

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Re: O'Mottel's Kitchen

Posted by obormottel - 06 Nov 2011 21:12

[Yossi.L. wrote on 06 Nov 2011 19:49:](#)

For bread; theres a whole wheat bread from Arnold's that is only 45 calories! It is less then the weight watchers bread and much more yummmmmmmmy.

I wonder how they do it....must be eggless, too? Is it Pas Isroel?

[Gevura ShebYesod wrote on 06 Nov 2011 18:50:](#)

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Real Octopus Yawned Glumly But Irresistibly Vivacious

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 06 Nov 2011 22:41

well i make my own bread in the bread machine

i guess i will have to try to mix in some jelly beans

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Re: O'Mottel's Kitchen

Posted by bardichev - 07 Nov 2011 01:36

tounge mustard butter and matzos

yummmmmmy

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Re: O'Mottel's Kitchen

Posted by Yossi.L. - 07 Nov 2011 04:07

I don't know if it's pas yisroel....to be honest I am not sure what pas yisroel means...

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Re: O'Mottel's Kitchen

Posted by obormottel - 07 Nov 2011 04:26

baked on the fire that was turned on by a yid. its a certain standard in kashrus.

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 07 Nov 2011 05:10

[obormottel wrote on 06 Nov 2011 21:12:](#)

[Yossi.L. wrote on 06 Nov 2011 19:49:](#)

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Real Octopus Yawned Glumly But Irresistibly Vivacious

That's a mouthful. In my days it was just "Roy G. Biv". Hey, maybe throw that octopus in the soup too....

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 07 Nov 2011 15:38

[Yossi.L. wrote on 06 Nov 2011 19:49:](#)

For bread; theres a whole wheat bread from Arnold's that is only 45 calories! It is less then the weight watchers bread and much more yummmmmmy.

The only thing that is both 45 calories AND also yummmmy, is a realllly small piece of

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Re: O'Mottel's Kitchen

Posted by obormottel - 07 Nov 2011 15:54

45 cal? a chocolate crumb, maybe...

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 07 Nov 2011 15:56

I'd rather eat a chocolate crumb than some taseless calorieless bread.

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chocolate cake

Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 07 Nov 2011 16:18

All bread is 45 Calories, you just have to slice it thin enough.

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Re: O'Mottel's Kitchen

Posted by Yossi.L. - 08 Nov 2011 00:37

the chocoalte cake one had me lol.....but I'm still serious about the bread.....its a nes

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